(From SGGS Page 773 line 1 to page 774 line 12).

ਰਾਗੁ ਸੂਹੀ ਮਹਲਾ ੪ ਛੰਤ ਘਰੁ ੧
raag soohee mehlaa 4 chhant ghar 1
Raag Soohee, Fourth Mehl, Chhant, First House:

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ ॥
ik-o^{N}kaar satgur parsaad.
One Universal Creator God. By The Grace Of The True Guru:

ਸਤਿਗੁਰੁ ਪੁਰਖੁ ਮਿਲਾਇ ਅਵਗਣ ਵਿਕਣਾ ਗੁਣ ਰਵਾ ਬਲਿ ਰਾਮ ਜੀਉ ॥
satgur purakh milaa-ay avgan viknaa gun ravaa bal raam jee-o.
If only I could meet the True Guru, the Primal Being. Discarding my faults and sins, I would chant the Lord's Glorious Praises.

ਹਰਿ ਹਰਿ ਨਾਮੁ ਧਿਆਇ ਗੁਰਬਾਣੀ ਨਿਤ ਨਿਤ ਚਵਾ ਬਲਿ ਰਾਮ ਜੀਉ ॥
har har naam Dhi-aa-ay gurbaanee nit nit chavaa bal raam jee-o.
I meditate on the Naam, the Name of the Lord, Har, Har. Continuously, continually, I chant the Word of the Guru's Bani.

ਗੁਰਬਾਣੀ ਸਦ ਮੀਠੀ ਲਾਗੀ ਪਾਪ ਵਿਕਾਰ ਗਵਾਇਆ ॥
gurbaanee sad meethee laagee paap vikaar gavaa-i-aa.
Gurbani always seems so sweet; I have eradicated the sins from within.

ਹਉਮੈ ਰੋਗੁ ਗਇਆ ਭਉ ਭਾਗਾ ਸਹਜੇ ਸਹਜਿ ਮਿਲਾਇਆ ॥
ha-umai rog ga-i-aa bha-o bhaagaa sehjay sahj milaa-i-aa.
The disease of egotism is gone, fear has left, and I am absorbed in celestial peace.

ਕਾਇਆ ਸੇਜ ਗੁਰ ਸਬਦਿ ਸੁਖਾਲੀ ਗਿਆਨ ਤਤਿ ਕਰਿ ਭੋਗੋ ॥
kaa-i-aa sayj gur sabad sukhaalee gi-aan tat kar bhogo.
Through the Word of the Guru's Shabad, the bed of my body has become cozy and beautiful, and I enjoy the essence of spiritual wisdom.

ਅਨਦਿਨੁ ਸੁਖਿ ਮਾਣੇ ਨਿਤ ਰਲੀਆ ਨਾਨਕ ਧੁਰਿ ਸੰਜੋਗੋ ॥੧॥
an-din sukh maanay nit ralee-aa naanak Dhur sanjogo. ||1||
Night and day, I continually enjoy peace and pleasure. O Nanak, this is my pre-ordained destiny. ||1||

ਸਤੁ ਸੰਤੋਖੁ ਕਰਿ ਭਾਉ ਕੁੜਮੁ ਕੁੜਮਾਈ ਆਇਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
sat santokh kar bhaa-o kurham kurhmaa-ee aa-i-aa bal raam jee-o.
The soul-bride is lovingly embellished with truth and contentment; her Father, the Guru, has come to engage her in marriage to her Husband Lord.

ਸੰਤ ਜਨਾ ਕਰਿ ਮੇਲੁ ਗੁਰਬਾਣੀ ਗਾਵਾਈਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
sant janaa kar mayl gurbaanee gaavaa-ee-aa bal raam jee-o.
Joining with the humble Saints, I sing Gurbani.

ਬਾਣੀ ਗੁਰ ਗਾਈ ਪਰਮ ਗਤਿ ਪਾਈ ਪੰਚ ਮਿਲੇ ਸੋਹਾਇਆ ॥
banee gur gaa-ee param gat paa-ee panch milay sohaa-i-aa.
Singing the Guru's Bani, I have obtained the supreme status; meeting with the Saints, the self-elect, I am blessed and adorned.

ਗਇਆ ਕਰੋਧੁ ਮਮਤਾ ਤਨਿ ਨਾਠੀ ਪਾਖੰਡੁ ਭਰਮੁ ਗਵਾਇਆ ॥
ga-i-aa karoDh mamtaa tan naathee pakhand bharam gavaa-i-aa.
Anger and attachment have left my body and run away; I have eradicated hypocrisy and doubt.

ਹਉਮੈ ਪੀਰ ਗਈ ਸੁਖੁ ਪਾਇਆ ਆਰੋਗਤ ਭਏ ਸਰੀਰਾ ॥
ha-umai peer ga-ee sukh paa-i-aa aarogat bha-ay sareeraa.
The pain of egotism is gone, and I have found peace; my body has become healthy and free of disease.

ਗੁਰ ਪਰਸਾਦੀ ਬ੍ਰਹਮੁ ਪਛਾਤਾ ਨਾਨਕ ਗੁਣੀ ਗਹੀਰਾ ॥੨॥
gur parsaadee barahm pachhaataa naanak gunee gaheeraa. ||2||
By Guru's Grace, O Nanak, I have realized God, the ocean of virtue. ||2||

ਮਨਮੁਖਿ ਵਿਛੁੜੀ ਦੂਰਿ ਮਹਲੁ ਨ ਪਾਏ ਬਲਿ ਗਈ ਬਲਿ ਰਾਮ ਜੀਉ ॥
manmukh vichhurhee door mahal na paa-ay bal ga-ee bal raam jee-o.
The self-willed manmukh is separated, far away from God; she does not obtain the Mansion of His Presence, and she burns.

ਅੰਤਰਿ ਮਮਤਾ ਕੂਰਿ ਕੂੜੁ ਵਿਹਾਝੇ ਕੂੜਿ ਲਈ ਬਲਿ ਰਾਮ ਜੀਉ ॥
antar mamtaa koor koorh vihaajhay koorh la-ee bal raam jee-o.
Egotism and falsehood are deep within her; deluded by falsehood, she deals only in falsehood.

ਕੂੜੁ ਕਪਟੁ ਕਮਾਵੈ ਮਹਾ ਦੁਖੁ ਪਾਵੈ ਵਿਣੁ ਸਤਿਗੁਰ ਮਗੁ ਨ ਪਾਇਆ ॥
koorh kapat kamaavai mahaa dukh paavai vin satgur mag na paa-i-aa.
Practicing fraud and falsehood, she suffers terrible pain; without the True Guru, she does not find the way.

ਉਝੜ ਪੰਥਿ ਭ੍ਰਮੈ ਗਾਵਾਰੀ ਖਿਨੁ ਖਿਨੁ ਧਕੇ ਖਾਇਆ ॥
ujharh panth bharmai gaavaaree khin khin Dhakay khaa-i-aa.
The foolish soul-bride wanders along dismal pathways; each and every moment, she is bumped and pushed.

ਆਪੇ ਦਇਆ ਕਰੇ ਪ੍ਰਭੁ ਦਾਤਾ ਸਤਿਗੁਰੁ ਪੁਰਖੁ ਮਿਲਾਏ ॥
aapay da-i-aa karay parabh daataa satgur purakh milaa-ay.
God, the Great Giver, shows His Mercy, and leads her to meet the True Guru, the Primal Being.

ਜਨਮ ਜਨਮ ਕੇ ਵਿਛੁੜੇ ਜਨ ਮੇਲੇ ਨਾਨਕ ਸਹਜਿ ਸੁਭਾਏ ॥੩॥
janam janam kay vichhurhay jan maylay naanak sahj subhaa-ay. ||3||
Those beings who have been separated for countless incarnations, O Nanak, are reunited with the Lord, with intuitive ease. ||3||

ਆਇਆ ਲਗਨੁ ਗਣਾਇ ਹਿਰਦੈ ਧਨ ਓਮਾਹੀਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
aa-i-aa lagan ganaa-ay hirdai Dhan omaahee-aa bal raam jee-o.
Calculating the most auspicious moment, the Lord comes into the bride's home; her heart is filled with ecstasy.

ਪੰਡਿਤ ਪਾਧੇ ਆਣਿ ਪਤੀ ਬਹਿ ਵਾਚਾਈਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
pandit paaDhay aan patee bahi vaachaa-ee-aa bal raam jee-o.
The Pandits and astrologers have come, to sit and consult the almanacs.

ਪਤੀ ਵਾਚਾਈ ਮਨਿ ਵਜੀ ਵਧਾਈ ਜਬ ਸਾਜਨ ਸੁਣੇ ਘਰਿ ਆਏ ॥
patee vaachaa-ee man vajee vaDhaa-ee jab saajan sunay ghar aa-ay.
They have consulted the almanacs, and the bride's mind vibrates with bliss, when she hears that her Friend is coming into the home of her heart.

ਗੁਣੀ ਗਿਆਨੀ ਬਹਿ ਮਤਾ ਪਕਾਇਆ ਫੇਰੇ ਤਤੁ ਦਿਵਾਏ ॥
gunee gi-aanee bahi mataa pakaa-i-aa fayray tat divaa-ay.
The virtuous and wise men sat down and decided to perform the marriage immediately.

ਵਰੁ ਪਾਇਆ ਪੁਰਖੁ ਅਗੰਮੁ ਅਗੋਚਰੁ ਸਦ ਨਵਤਨੁ ਬਾਲ ਸਖਾਈ ॥
var paa-i-aa purakh agamm agochar sad navtan baal sakhaa-ee.
She has found her Husband, the Inaccessible, Unfathomable Primal Lord, who is forever young; He is her Best Friend from her earliest childhood.

ਨਾਨਕ ਕਿਰਪਾ ਕਰਿ ਕੈ ਮੇਲੇ ਵਿਛੁੜਿ ਕਦੇ ਨ ਜਾਈ ॥੪॥੧॥
naanak kirpaa kar kai maylay vichhurh kaday na jaa-ee. ||4||1||
O Nanak, he has mercifully united the bride with Himself. She shall never be separated again. ||4||1||

ਸੂਹੀ ਮਹਲਾ ੪ ॥
soohee mehlaa 4.
Soohee, Fourth Mehl:

ਹਰਿ ਪਹਿਲੜੀ ਲਾਵ ਪਰਵਿਰਤੀ ਕਰਮ ਦ੍ਰਿੜਾਇਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
har pahilarhee laav parvirtee karam drirh-aa-i-aa bal raam jee-o.
In the first round of the marriage ceremony, the Lord sets out His Instructions for performing the daily duties of married life.

ਬਾਣੀ ਬ੍ਰਹਮਾ ਵੇਦੁ ਧਰਮੁ ਦ੍ਰਿੜਹੁ ਪਾਪ ਤਜਾਇਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
banee barahmaa vayd Dharam darirhHu paap tajaa-i-aa bal raam jee-o.
Instead of the hymns of the Vedas to Brahma, embrace the righteous conduct of Dharma, and renounce sinful actions.

ਧਰਮੁ ਦ੍ਰਿੜਹੁ ਹਰਿ ਨਾਮੁ ਧਿਆਵਹੁ ਸਿਮ੍ਰਿਤਿ ਨਾਮੁ ਦ੍ਰਿੜਾਇਆ ॥
Dharam darirhHu har naam Dhi-aavahu simrit naam drirh-aa-i-aa.
Meditate on the Lord's Name; embrace and enshrine the contemplative remembrance of the Naam.

ਸਤਿਗੁਰੁ ਗੁਰੁ ਪੂਰਾ ਆਰਾਧਹੁ ਸਭਿ ਕਿਲਵਿਖ ਪਾਪ ਗਵਾਇਆ ॥
satgur gur pooraa aaraaDhahu sabh kilvikh paap gavaa-i-aa.
Worship and adore the Guru, the Perfect True Guru, and all your sins shall be dispelled.

ਸਹਜ ਅਨੰਦੁ ਹੋਆ ਵਡਭਾਗੀ ਮਨਿ ਹਰਿ ਹਰਿ ਮੀਠਾ ਲਾਇਆ ॥
sahj anand ho-aa vadbhaagee man har har meethaa laa-i-aa.
By great good fortune, celestial bliss is attained, and the Lord, Har, Har, seems sweet to the mind.

ਜਨੁ ਕਹੈ ਨਾਨਕੁ ਲਾਵ ਪਹਿਲੀ ਆਰੰਭੁ ਕਾਜੁ ਰਚਾਇਆ ॥੧॥
jan kahai naanak laav pahilee aarambh kaaj rachaa-i-aa. ||1||
Servant Nanak proclaims that, in this, the first round of the marriage ceremony, the marriage ceremony has begun. ||1||

ਹਰਿ ਦੂਜੜੀ ਲਾਵ ਸਤਿਗੁਰੁ ਪੁਰਖੁ ਮਿਲਾਇਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
har doojrhee laav satgur purakh milaa-i-aa bal raam jee-o.
In the second round of the marriage ceremony, the Lord leads you to meet the True Guru, the Primal Being.

ਨਿਰਭਉ ਭੈ ਮਨੁ ਹੋਇ ਹਉਮੈ ਮੈਲੁ ਗਵਾਇਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
nirbha-o bhai man ho-ay ha-umai mail gavaa-i-aa bal raam jee-o.
With the Fear of God, the Fearless Lord in the mind, the filth of egotism is eradicated.

ਨਿਰਮਲੁ ਭਉ ਪਾਇਆ ਹਰਿ ਗੁਣ ਗਾਇਆ ਹਰਿ ਵੇਖੈ ਰਾਮੁ ਹਦੂਰੇ ॥
nirmal bha-o paa-i-aa har gun gaa-i-aa har vaykhai raam hadooray.
In the Fear of God, the Immaculate Lord, sing the Glorious Praises of the Lord, and behold the Lord's Presence before you.

ਹਰਿ ਆਤਮ ਰਾਮੁ ਪਸਾਰਿਆ ਸੁਆਮੀ ਸਰਬ ਰਹਿਆ ਭਰਪੂਰੇ ॥
har aatam raam pasaari-aa su-aamee sarab rahi-aa bharpooray.
The Lord, the Supreme Soul, is the Lord and Master of the Universe; He is pervading and permeating everywhere, fully filling all spaces.

ਅੰਤਰਿ ਬਾਹਰਿ ਹਰਿ ਪ੍ਰਭੁ ਏਕੋ ਮਿਲਿ ਹਰਿ ਜਨ ਮੰਗਲ ਗਾਏ ॥
antar baahar har parabh ayko mil har jan mangal gaa-ay.
Deep within, and outside as well, there is only the One Lord God. Meeting together, the humble servants of the Lord sing the songs of joy.

ਜਨ ਨਾਨਕ ਦੂਜੀ ਲਾਵ ਚਲਾਈ ਅਨਹਦ ਸਬਦ ਵਜਾਏ ॥੨॥
jan naanak doojee laav chalaa-ee anhad sabad vajaa-ay. ||2||
Servant Nanak proclaims that, in this, the second round of the marriage ceremony, the unstruck sound current of the Shabad resounds. ||2||

ਹਰਿ ਤੀਜੜੀ ਲਾਵ ਮਨਿ ਚਾਉ ਭਇਆ ਬੈਰਾਗੀਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
har teejrhee laav man chaa-o bha-i-aa bairaagee-aa bal raam jee-o.
In the third round of the marriage ceremony, the mind is filled with Divine Love.

ਸੰਤ ਜਨਾ ਹਰਿ ਮੇਲੁ ਹਰਿ ਪਾਇਆ ਵਡਭਾਗੀਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
sant janaa har mayl har paa-i-aa vadbhaagee-aa bal raam jee-o.
Meeting with the humble Saints of the Lord, I have found the Lord, by great good fortune.

ਨਿਰਮਲੁ ਹਰਿ ਪਾਇਆ ਹਰਿ ਗੁਣ ਗਾਇਆ ਮੁਖਿ ਬੋਲੀ ਹਰਿ ਬਾਣੀ ॥
nirmal har paa-i-aa har gun gaa-i-aa mukh bolee har banee.
I have found the Immaculate Lord, and I sing the Glorious Praises of the Lord. I speak the Word of the Lord's Bani.

ਸੰਤ ਜਨਾ ਵਡਭਾਗੀ ਪਾਇਆ ਹਰਿ ਕਥੀਐ ਅਕਥ ਕਹਾਣੀ ॥
sant janaa vadbhaagee paa-i-aa har kathee-ai akath kahaanee.
By great good fortune, I have found the humble Saints, and I speak the Unspoken Speech of the Lord.

ਹਿਰਦੈ ਹਰਿ ਹਰਿ ਹਰਿ ਧੁਨਿ ਉਪਜੀ ਹਰਿ ਜਪੀਐ ਮਸਤਕਿ ਭਾਗੁ ਜੀਉ ॥
hirdai har har har Dhun upjee har japee-ai mastak bhaag jee-o.
The Name of the Lord, Har, Har, Har, vibrates and resounds within my heart; meditating on the Lord, I have realized the destiny inscribed upon my forehead.

ਜਨੁ ਨਾਨਕੁ ਬੋਲੇ ਤੀਜੀ ਲਾਵੈ ਹਰਿ ਉਪਜੈ ਮਨਿ ਬੈਰਾਗੁ ਜੀਉ ॥੩॥
jan naanak bolay teejee laavai har upjai man bairaag jee-o. ||3||
Servant Nanak proclaims that, in this, the third round of the marriage ceremony, the mind is filled with Divine Love for the Lord. ||3||

ਹਰਿ ਚਉਥੜੀ ਲਾਵ ਮਨਿ ਸਹਜੁ ਭਇਆ ਹਰਿ ਪਾਇਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
har cha-utharhee laav man sahj bha-i-aa har paa-i-aa bal raam jee-o.
In the fourth round of the marriage ceremony, my mind has become peaceful; I have found the Lord.

ਗੁਰਮੁਖਿ ਮਿਲਿਆ ਸੁਭਾਇ ਹਰਿ ਮਨਿ ਤਨਿ ਮੀਠਾ ਲਾਇਆ ਬਲਿ ਰਾਮ ਜੀਉ ॥
gurmukh mili-aa subhaa-ay har man tan meethaa laa-i-aa bal raam jee-o.
As Gurmukh, I have met Him, with intuitive ease; the Lord seems so sweet to my mind and body.

ਹਰਿ ਮੀਠਾ ਲਾਇਆ ਮੇਰੇ ਪ੍ਰਭ ਭਾਇਆ ਅਨਦਿਨੁ ਹਰਿ ਲਿਵ ਲਾਈ ॥
har meethaa laa-i-aa mayray parabh bhaa-i-aa an-din har liv laa-ee.
The Lord seems so sweet; I am pleasing to my God. Night and day, I lovingly focus my consciousness on the Lord.

ਮਨ ਚਿੰਦਿਆ ਫਲੁ ਪਾਇਆ ਸੁਆਮੀ ਹਰਿ ਨਾਮਿ ਵਜੀ ਵਾਧਾਈ ॥
man chindi-aa fal paa-i-aa su-aamee har naam vajee vaaDhaa-ee.
I have obtained my Lord and Master, the fruit of my mind's desires. The Lord's Name resounds and resonates.

ਹਰਿ ਪ੍ਰਭਿ ਠਾਕੁਰਿ ਕਾਜੁ ਰਚਾਇਆ ਧਨ ਹਿਰਦੈ ਨਾਮਿ ਵਿਗਾਸੀ ॥
har parabh thaakur kaaj rachaa-i-aa Dhan hirdai naam vigaasee.
The Lord God, my Lord and Master, blends with His bride, and her heart blossoms forth in the Naam.

ਜਨੁ ਨਾਨਕੁ ਬੋਲੇ ਚਉਥੀ ਲਾਵੈ ਹਰਿ ਪਾਇਆ ਪ੍ਰਭੁ ਅਵਿਨਾਸੀ ॥੪॥੨॥
jan naanak bolay cha-uthee laavai har paa-i-aa parabh avinaasee. ||4||2||
Servant Nanak proclaims that, in this, the fourth round of the marriage ceremony, we have found the Eternal Lord God. ||4||2||